Adolescent Healthcare **Transition**

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Section of Women's, Children's, & Family Health (WCFH,) Division of Public Health

March 23, 2021



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ADOLESCENT TRANSITION

- Time of Preparation
- Develop Skills and Knowledge
- Process Rather Than One Time Event
- •Involves Adolescent, Family, and Providers

....... **ENVISION THE FUTURE**

HEALTH EXPECTATIONS

- Physical Health of the Body
- Emotional Feelings
- Mental Thoughts
- •Spiritual Beliefs and Values
- Relationships With Yourself and Others

FRAMING

"If we ask people to look for deficits, they will usually find them, and their view of the situation will be colored by this. If we ask people to look for successes, they will usually find them, and their view of the situation will be colored by this."

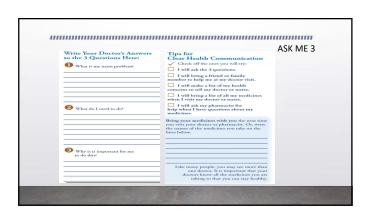
MOTIVATIONAL INTERVEIWING

- Empathy Through Listening
- Future Goals vs. Current Behavior
- Avoid Arguments
- Adjust to Resistance Rather Than Directly Oppose
- Support Self-Belief and Optimism

DEVELOPING SKILLS	
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PLANNING	
• Set Goals	
Learning PlanIdentify Resources	
• Share Successes and Struggles	
Share Successes and Struggics	
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SUCCESS	
• How Do You Define Success?	
• How Does The Adolescent?	
• Do Your Views Match?	







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	MONITOR PROGRESS	

				CARE PLAN	٧S
(3)	and the same		Special Concerns for Disaster:		
od transform Medical Summa	ary and Eme	rgency Care Plan	Allergies and Procedures to be Avo		
An raician			Allergies	Reactions	
This document should be st	based with and comind t	y youth and families/caregives.			
Data Completed	Date F		_		
Form completed by:	Ueser	RTOOS.	To be avoided	Why?	
Contact Information			Medical Procedures:		
low-	No.	inc.	Medications:		
000		red Language.	Diagnoses and Current Problems		
Parent Careshert:	Rédi		Problem	Details and Recommendations	
Address	TROSE	auny.	Primary Diagnosis		
Oil P Hone P	Feet 1	lime to Reactr	-		
E-Mail:	Best V	Tay to Reach: Text Phone Email	Secondary Diagnosis		
Health Insurance Plan		and D #:			
Emergency Care Plan			Behavioral		
Emergency Contact:	Réstimetio:	Phone:	Communication		
Preferred Emergency Care Location:			Feed & Swallowing		
Common Emergent Presenting Problems	Supposted Tests	Treatment Considerations	Hearing/Vision		
			Learning		
			Orthopedic/Musculoskeletal Physical Anomalies		
			Respiratory		
Special Concerns for Disaster:		-	Sensory		
Allergies and Procedures to be Avoided			Stamina/Fatique		
	Reactions .		Other		
Helps	reacutes				

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			IIIAIV	IIION CITE	CILLIST
	Health Independence Checklist				
	As you start to plan for adult health care, learn It takes practice to develop skills that lead to if future.				
	1. KNOWLEDGE	Yes /No/ Not Applicable	What do you want to learn? Who can help you learn? Other Thoughts?		
	I know my medical needs.				
	I can explain each medical need to others.				
	I can explain accommodations/ help I need at school/ work.				
	I know my symptoms and when I need medical help.				
	I can name my allergies to medicines and food.				
	I can name all my medications or carry a list of my medications.				
	I know the reason for each medication.				
	I know the name and phone numbers of my medical provider(s) or have a list.				
	I know how each medical provider helps me.				

			SHARED RE	SPONSIBIL
Responsibility for Medical Needs	Caregiver Takes or Initiates Responsibility all the Time	Caregiver & Adolescent Share Responsibility	Adolescent Takes or Initiates Responsibility All the Time	N/A or No One Takes Responsibility
Who Remembers AM Medications?			8	
Who Remembers PM Medications?				
Who Organizes Meds? (like pillbox etc.)				
Who Makes Sure Meds Taken Properly?				
Who Makes Sure There is Enough Medication?				
Who Phones In Prescription Refills/ Reorders Supplies?				
Who Makes Clinic Appointments?	· · · · · · · · · · · · · · · · · · ·		-	

RESOURCE

- Got Transition Website
- Healthy Transitions Website
- Transition Guidebook



CONTACT INFORMATION

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